

Little River Glen Senior Center

4001 Barker Court, Fairfax, VA 22032



Operating Hours Monday - Friday 9 a.m. - 4 p.m.

Business Hours Monday - Friday 8 a.m. - 4 p.m.

www.fairfaxcounty.gov/ncs

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

July 2016

Programs				
Program	When	Time	Description	
Open Computer Lab	Daily	9 a.m. to 4 p.m.	Open computer lab	
Exercise Equipment	Daily	9 a.m. to 4 p.m.	Variety of exercise equipment	
Kings in the Corner	Daily	10 a.m.	Card game	
Group Activity/Group Discussion	Daily	10:15 a.m.	Group discussion or group game.	
Lunch	Daily	Noon	Meals are prepared at a high school and delivered daily. Must preorder one day in advance.	
Group Activity/Group Discussion	Daily	1 p.m.	Group discussion or group game.	
Chair Exercise	Daily	11 a.m.	Instructor led (M,W,F) seated exercises. Video led on (T, TH)	
Chair Exercise Video	Daily	3 p.m.	Video led seated exercises.	
Creative Crafters	Monday	10 a.m. to noon	Create your favorite craft with any type of materials.	
Computer Help w/Nick	Monday	10 a.m. to noon	Basic computer help	
Basic Chinese (Mandarin)	Monday	2 to 3:30 p.m.	Participants can learn and practice basic skills to speak Chinese.	
Computer Help w/Dan	Tuesday	10 a.m. to noon	Basic computer help	
English Conversation w/Claudia	Tuesday	10 to 11 a.m.	Learn English grammar, words and phrases.	
English Conversation w/Linda	Tuesday	11 a.m. to noon	Learn English grammar, words and phrases.	
Mahjong	Tuesday	11:30 a.m.	A social Chinese tile game	
Afternoon Tea	Tuesday	1 p.m.	Join us for tea and discussion.	
LRG Chorus	Tuesday	1 p.m.	Sing songs in a group. Learn songs for a concert performance.	
Knit & Crochet Club	Tuesday	2 p.m.	All levels of knitting and crocheting. Learn about different needles or teach someone about different yarns or patterns.	
Current Events w/Claudia	Tuesday	2:15 p.m	Come join the current events group to discuss the current things are in the news and share your thoughts	
Open Art Studio	Wednesday	9 a.m. to noon	Participants learn from each other craft ideas or projects, and help each other learn different skills.	
Computer Help w/Cheryl	Wednesday	10 a.m. to 2 p.m.	Basic computer help	
Intermediate Tap B	Wednesday	10 a.m.	Practice choreographed dances to perform at various locations in the county.	
Rummikub	Wednesday	10 a.m.	A social American tile game	
Spanish Class	Wednesday	10:15 a.m.	Spanish Advanced	
Intermediate Tap A	Wednesday	11 a.m.	Practice choreographed dances to perform at various locations in the county.	
Tai Chi Practice Club	Wednesday	1 p.m.	Practice rhythmic patterns of movements and coordinated breathing to help achieve a sense of inner calm.	
Tai Chi Practice Club	Wednesday	2 p.m.	Practice rhythmic patterns of movements and coordinated breathing to help achieve a sense of inner calm.	
Computer Help w/Jeanne	Thursday	10 a.m.	Basic computer help	
Italian Conversation (ACE class)	Thursday	Noon	Italian Conversation is an ACE class. -- No Summer class. To resume in September.	
Spanish Class	Thursday	12:30 p.m.	Spanish for Beginners	
Guitar Class	Thursday	2:20 p.m.	Participants can practice basic skills to play guitar.	
Intermediate Tap Class (B)	Friday	10 a.m.	Practice choreographed dances to perform at various locations in the county.	
Intermediate Tap Class (A)	Friday	11 a.m.	Practice choreographed dances to perform at various locations in the county.	
Dresses for Children in Africa	Friday	12:45 p.m.	Cutting and sewing material to make dresses for children in Africa.	
Bingo	Friday	12:50 p.m.	Interact socially in a mildly competitive environment.	
Fee Based Classes				
Class	When	Time	Description	
Yoga I	Monday	8:50 a.m.	Yoga using floor mats.	
Zumba w/Millette	Monday	10:15 a.m.	Easy to follow Zumba concentrating on balance, range of motion and coordination.	
Gentle Yoga	Monday	10:10 a.m.	Yoga in a chair.	
Line Dance	Monday	1 p.m.	Beginner line dancing class.	
Body Sculpting	Tuesday	9 a.m.	Increase strength, endurance, balance, and overall health.	
Jazzercise Lite	Tuesday	10 a.m.	Exercise class using weights, bands and floor mats, coordinated with music.	
Zumba Gold w/Millette	Wednesday	10:15 a.m.	Easy to follow Zumba concentrating on balance, range of motion and coordination.	
Yoga I	Thursday	8:50 a.m.	Yoga using floor mats.	
Gentle Yoga	Thursday	10:10 a.m.	Yoga in a chair.	
Piano Lessons	Thursday	9 a.m. to 1 p.m.	Play and listen to music. Learn new concepts. (15 minutes per student)	

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Jazzercise Lite	Thursday	10 a.m.	Exercise class using weights, bands and floor mats coordinated with music.
Voice Class	Thursday	1:15 p.m.	Rehearse songs, focusing on specific techniques needed in each song.
Line Dance	Friday	10 to 11:30 a.m.	Beginner line dancing class.
Special Events/Trips			
Event/Trip	When	Time	Description
Walmart/Target, Fair Lakes	Thursday, July 7	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)
Wegmans, Fairfax	Thursday, July 14	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)
Walmart/Target, Fair Lakes	Thursday, Jul 21	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)
Giant, Kings Park	Thursday, July 28	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)
Community Meeting			
Community Meeting	When	Time	Description
Celebrate July Birthdays w/Terry Lee Ryan	Wednesday, July 13	1 p.m.	Come dance and celebrate all June birthdays. Enjoy a piece of cake too!
Show & Tell w/Lougenia Carnell	Monday, July 18	1 p.m.	Come see what is next to be shared. Bring your own story or item to share with the group.
Great Decisions: The Future of Kurdistan	TBA	TBA	Come watch a film on current event topics and have a discussion.
Advisory Council Meeting	Tuesday, July 26	11 a.m.	Monthly Advisory Council Meeting, public is welcome to attend and listen.